

2011-12 SEASONAL INFLUENZA

The best way to prevent the flu is by getting a flu vaccination each year.

Stay Home If You Are Sick

To help reduce the spread of seasonal influenza, if you are sick with flu-like symptoms (**fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue**) you should stay at home except to get medical care. If you need to seek medical care, please call your doctor's office or clinic first.

Follow These Home Care Recommendations

- Stay home until you have been **fever free for 24 hours**, without the use of fever reducing medication. Limit your contact with others as much as possible during this time.
- Take medications for symptom relief as needed for fever and pain such as acetaminophen (Tylenol®), or Ibuprofen (Advil®, Motrin®, Nuprin®). Contact your healthcare provider for additional advice if needed.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from becoming dehydrated.
- Throw away tissues and other disposable items used by the sick person in the trash.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Do not give aspirin or products that contain aspirin (e.g. bismuth subsalicylate - Pepto-Bismol) to children 18 years or younger.
- Frequently clean commonly touched surfaces such as doorknobs, faucet handles, computer mouse, refrigerator handles.
- Have everyone in the household wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.



The CDC recommends that EVERYONE 6 MONTHS and OLDER get a 2011-2012 flu vaccine.

INFLUENZA BASICS

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It spreads from person-to-person and can cause mild to severe illness, and in some cases can lead to death. In the United States, yearly outbreaks of seasonal flu usually happen during the fall through early spring. Flu viruses can cause illness in people of any age group. Children are most likely to get sick because their immune systems aren't strong enough to fight off the infection.

Every year in the United States, on average...

- Five to 20 percent of the population get the flu.
- More than 200,000 people are hospitalized from flu-related complications.

Certain groups of people are at higher risk of serious flu-related complications. This includes people 65 years and older, people of any age with chronic medical conditions (such as **asthma, diabetes, or heart disease**), **pregnant women and young children.**

If you or a family member are in one of these high risk categories and have flu-like symptoms, call your healthcare provider to determine if there is more you need to do.

Information sponsored by the Fond du Lac County Health Department, Affinity Health System, Agnesian HealthCare, Aurora Health Care, Community Health Network and Ripon Medical Center.

Call the Fond du Lac County Health Department at (920) 929-3085 or (800) 547-3640, or 2-1-1 for more information.